



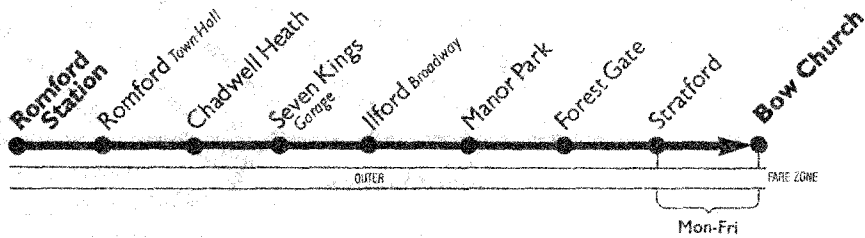
NOTE—Between Stratford and Romford Station buses run every 6 minutes during peak hours.

[illegible]

Saturdays											
Stratford Bus Station
Forest Gate Green Street
Manor Park Broadway
Ilford Broadway
Seven Kings Garage
Chadwell Heath Coopers Arms	0506	0536	0556	0616	0636	0656	0706	0716	10	0948
Romford Market	0512	0542	0602	0622	0642	0702	0712	0722	minutes	0954
Romford Station	0523	0553	0613	0633	0653	0713	0723	0733	until	1006
Romford Station	0528	0558	0618	0638	0658	0718	0728	0738	until	1013

Sundays (and National Public Holidays)															
Stratford Bus Station	0709	0739	0809	0839	Then	54	09	24	39		2324		2339		2354
Forest Gate Green Street		0716	0746	0816	0846	at	01	16	31	46	2331		2346		0901
Manor Park Broadway		0719	0749	0819	0849	these	04	19	34	49	2334		2349		0904
West Broadway	0724	0754	0824	0854	minutes	08	24	39	54	01	2339	B	2354	B	0909
Seven Kings Garage	0641	0706	0731	0801	0831	past	16	31	46	01	2346	2352	0001	0007	0016
Chadwell Heath Coopers Arms	0647	0712	0737	0807	0837	each	22	37	52	07	2352		0007		
Romford Market	0658	0728	0758	0818	0848	hour	33	48	03	18	0003		0018		0033
Romford Station	0703	0728	0753	0823	0853		38	53	08	23	0008		0023		0038

C—Continues to Chadwell Heath Wangey Road.



Monday to Fridays

NOTE: Between Romford Station and Stratford buses run every 6 minutes during peak hours.

Romford Station	0532	0554	0642	0642	0642	0642	0648	0655	0902
Romford Market	0536	0558	0628	0646	0646	0646	0647	0653	0900
Chadwell Heath Coopers Arms	0546	0608	0638	0656	0656	0656	0657	0658	0901
Seven Kings Garage	0552	0614	0623	0626	0632	0638	0639	0644	0647	0650	0656	0702	0702	0704	0710	0906
Ilford Broadway	0602	0622	0633	0634	0640	0646	0649	0652	0657	0658	0704	0710	0716	0712	0713	0717	0912
Manor Park Broadway	D	0628	D	0640	0646	0652	D	0658	D	0704	0710	0716	0722	0718	0723	0725	0916
Forest Gate Green Street	0631	0643	0649	0655	0701	0707	0713	0719	0725	0721	0726	0728	0922
Stratford Broadway	0637	0649	0655	0701	0707	0713	0719	0725	0731	0727	0732	0734	0926
Bow Church	0646	0658	A	0710	A	0722	A	0734	0734	0739	0741	0931
Romford Station	0909	1436	1442	1506	1512	1530	1742	1748	1847	1859	1902
Romford Market	0914	1441	1447	1511	1517	1535	1747	1753	1851	1903	1907
Chadwell Heath Coopers Arms	0927	1451	1457	1521	1527	1545	1758	1804	1901	1913	1917
Seven Kings Garage	0933	1457	1503	1518	1527	1533	1542	1551	1804	1810	1907	1919	1923
Ilford Broadway	0942	6	1506	1512	1527	1536	1542	1551	1600	12	1813	1819	1915	1927
Manor Park Broadway	0948	minutes	1512	1518	1533	1542	1548	1557	1606	minutes	1819	1825	minutes	1921	1933
Forest Gate Green Street	0952	until	1516	1522	1537	1546	1552	1601	1610	until	1829	1835	until	1924	1936
Stratford Broadway	0959	1523	1529	1544	1553	1559	1608	1617	1829	1835	1930	1942
Bow Church	A	A	1538	1553	1602	1608	1617	1626	1838	A	A	A	A	A
Romford Station	1905	1911	2259	2311	2323	2335	2347	2359	0011	0032	0032	0036	0046	0052
Romford Market	1909	1915	2303	2315	2327	2339	2351	0003	0015	0036	0036	0040	0050	0056
Chadwell Heath Coopers Arms	1919	1925	2313	2325	2337	2349	0001	C	0013	0025	0046	0046	0050	0060	0066
Seven Kings Garage	1925	1931	2319	2331	2343	2355	0007	0011	0019	0031	0052	0052	0056	0066	0072
Ilford Broadway	1945	2327	2341	2353	0005	0007	0011	0019	0031	0052	0052	0056	0066	0072
Manor Park Broadway	1948	minutes	2336	D	D	D
Forest Gate Green Street	1948	until	2336
Stratford Broadway	1954	2342
Bow Church	A	A

Saturdays

Romford Station	0532	0602	0642	0702	0722	0901	1728	1734	1739	1859	1902
Romford Market	0536	0606	0646	0706	0726	0907	1734	1740	1745	1859	1902
Chadwell Heath Coopers Arms	0546	0616	0656	0716	0736	0918	1740	1746	1751	1859	1902
Seven Kings Garage	0552	0622	0632	0642	0652	0702	0712	0722	0732	0742	1751	1757	1802	1859	1902
Ilford Broadway	0602	0630	0640	0650	0700	0710	0720	0730	0740	0750	1800	1806	1811	1859	1902
Manor Park Broadway	D	0636	0646	0656	0706	0716	0726	0736	0746	0756	1806	1812	1817	1859	1902
Forest Gate Green Street	0639	0649	0659	0709	0719	0729	0739	0749	0759	1809	1815	1820	1859	1902
Stratford Broadway	0645	0655	0705	0715	0725	0735	0745	0755	0805	1815	1821	1826	1859	1902
Bow Church	0648	0658	0708	0718	0728	0738	0748	0758	0808	1818	1824	1829	1859	1902
Romford Station	1744	1749	2302	2312	2322	2332	2342	2352	0012	0032	1859	1902	1859	1902
Romford Market	1750	1755	2306	2316	2326	2336	2346	2356	0016	0036	1859	1902	1859	1902
Chadwell Heath Coopers Arms	1801	1806	2316	2326	2336	2346	2356	0006	0026	0046	1859	1902	1859	1902
Seven Kings Garage	1807	1812	2322	2332	2342	2352	0002	0012	0032	0052	1859	1902	1859	1902
Ilford Broadway	1820	2330	2342	2352	0002	1859	1902	1859	1902
Manor Park Broadway	1829	minutes	2339	1859	1902	1859	1902
Forest Gate Green Street	1829	until	2339	1859	1902	1859	1902
Stratford Broadway	1838	2345	1859	1902	1859	1902
Bow Church	1838	2348	1859	1902	1859	1902

Sundays (and National Public Holidays)

Romford Station	0707	0737	0807	0837	0907	0927	42	57	12	27	2257
Romford Market	0711	0741	0811	0841	0911	0931	46	01	16	31	2301
Chadwell Heath Coopers Arms	0721	0751	0821	0851	0921	0941	50	05	20	35	2311
Seven Kings Garage	0627	0657	0727	0757	0827	0842	0857	0912	0927	0937	0947	these	02	17	32	47	2317
Ilford Broadway	0634	0704	0734	0804	0834	0849	0904	0919	0934	0944	0954	minutes	09	24	39	54	UNTIL 2324
Manor Park Broadway	0639	0709	0739	0809	0839	0854	0909	0924	0939	0949	0959	past	14	29	44	59	2329
Forest Gate Green Street	0642	0712	0742	0812	0842	0857	0912	0927	0942	0952	1002	each	17	32	47	02	2332
Stratford Broadway	0648	0718	0748	0818	0848	0863	0918	0933	0948	0958	1008	hour	23	38	53	08	2338
Bow Church	0651	0721	0751	0821	0851	0906	0921	0936	0951	1001	1011	26	41	56	11	2341
Romford Station	2312	2327	2342	2357	0012	0027
Romford Market	2316	2331	2346	0001	0016	0031
Chadwell Heath Coopers Arms	2326	2341	2356	0011	0026	0041
Seven Kings Garage	2332	2347	0002	0017	0032	0047
Ilford Broadway	2341	2356
Manor Park Broadway	D
Forest Gate Green Street
Stratford Broadway
Bow Church

A—Continues to Stratford Bus Station.

C—Starts from Chadwell Heath Wangey Road.

D—Continues to Ilford Station Lay Street